

Seniors *at Home* Guide



Dear Danville Senior Center Participants,

The Senior Center staff miss you and hope you are doing well and staying healthy! We hope that this mini “at home” guide helps provide you with some information and helps you stay connected during this time. We are still available at (925) 314-3430, Monday-Friday, 8:30am – 5:00pm.

-Leah, Yvonne, Milly, Kellie & Janet

Stay Up-to-Date:

The Town is updating its website as information and resources become available. See current information here:

www.danville.ca.gov/seniorresources

Tips to Maintain Health & Wellness at Home

1. Drink lots of water. This is helpful in maintaining a strong immune system.
2. Find a routine that works for you. Wake up at a similar time each day and get ready for your day by getting dressed, eating a healthy breakfast and making plans or a schedule.
3. Keep your house clean and organized. Minimize tripping hazards.
4. Go on a “news diet.” Stay informed, understand what is going on, but don’t get locked into around-the-clock news.
5. Reach out to family and friends! The State of California recommends that you “Find your Five.” Identify 5 people you know and trust to keep in touch with on a regular basis.

6. Contact your doctor if you are experiencing potential symptoms of the Coronavirus or COVID-19.

7. Find a curbside grocery or delivery service! Shelter-in-place to stay safe.

8. Take a walk, keeping in mind 6-feet of social distancing! Avoid crowded trails or park areas.



California Scams: Fraud Alert 2020

Scammers may approach residents about “opportunities” for COVID-19 testing. Don’t give your Medicare number, Social Security Number or other personal information to anyone over the phone or door-to-door solicitors offering the “opportunity” to test for Coronavirus.

Beware of: Robocalls about “special virus kits” and asking for your Medicare number to send a free test and emails offering COVID-19 testing services that can be ordered through a telehealth provider.

For additional information on healthcare fraud, please visit cahealthadvocates.org or call (855)-613-7080.



Take a Virtual Tour!

Stuck at home but want to explore? Check out these online resources:

Tour the National Parks:

www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours

Check out museums from the comfort of your home:

www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

Now that we are all under shelter-in-place, there are several things that we can all do to keep our brains and minds challenged during this time and taking a break from the TV and the news, which can sometimes be a bit overwhelming. There is no greater pleasure than sitting with a good book and a hot cup of tea with a warm blanket!

The Danville Senior Center Book Club has selected its April-May-June books and we thought it would be a good idea at this time to promote the book club to all of our participants, so that we can all read the same book together!

Here's a follow-along Bollywood Dance from our very own Kiran:

www.youtube.com/watch?time_continue=13&v=ELkhQWiIN3M&feature=emb_title%E2%80%AF

Check out Mat Pilates with Felicia:

www.dropbox.com/s/4cix9o4jel4fbg/Video%20Mar%2025%2C%2011%2036%2013%20AM.mov?dl=0

Find more at:

www.danville.ca.gov/768/Find-The-Fun-in-Danville

Yvonne's Recommended Reading

We will be posting additional new recommendations. In the meantime, please stay safe, stay healthy, and we will get through this together as a strong community.

April

China Dolls

By: Lisa See

China Dolls tells the story of the rise of Asian entertainers on the nightclub circuit during the late 1930s through the mid 1940s, through the lives of Grace, Helen, and Ruby, three separate women who were Asian entertainers during that time.

Milly's Recipe Corner

Autumn Breakfast Bread (Uncle Dan's family recipe)

Cream together:

½ cup sugar

½ cup butter (1 stick), softened

1 egg

Sift together:

2 cups flour

1 tbsp baking powder

½ tsp salt

2/3 cup milk

Topping:

(I always double these because I like lots of topping)

¼ cup sugar

1 tbsp butter, softened

1 tsp cinnamon

Email us your favorite simple recipes for a chance to be featured in the next edition of the Seniors At Home Guide!

Heat oven to 375. Blend butter, sugar and egg until fluffy. Stir in milk alternating with sifted dry ingredients. Beat until smooth. Pour into 8x8 greased cake pan and sprinkle with topping. Bake for 20 minutes or until golden brown. Cut into squares, serve in bowls then pour milk over bread while still warm.

